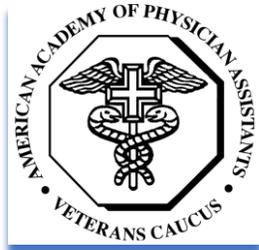


Veterans Caucus

An Affiliated Constituent Organization of the American Academy of Physician Assistants



Early Summer 2021

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2021 Topics in the Tropics Cancun Mexico

December 8-11, 2021

*Classroom Style Lectures in
Primary Care Topics
Lectures from 0700 to 1300
each day*

*Remainder of your day to enjoy
the beach, pools, recreational
facilities and RELAX*

The Veterans Caucus Is Made Up of People who Care

The purpose of this newsletter is to provide up-to-date information to the members of the Veterans Caucus. The Board of Directors strive to ensure that the members are well informed and to foster a greater sense of community, and to build morale.

Please consider helping not only the Caucus, your fellow members but also the profession as a whole by considering volunteering in some capacity within the organization.

If interested, please contact Pam Lucas, President, plucas@veteranscaucus.org

Message from the President

July 1, 2021

Dear Caucus Members,

As your new Caucus President for 21-22, my first order of business is to thank TJ Bonjour for all of his time, hard work and dedication to the Caucus during his year as President for 20-21. TJ went above and beyond to carry the Caucus through the pandemic. TJ met each new challenge that this pandemic year brought with determination and success.

When the AAPA Conference went virtual for 2021, TJ made sure our memorial service did also. In his spare time, he kept on top of all of the members of the Board to ensure the By-laws and Policy and Procedures Manual were both updated. Please take the time to read our updated by-laws, as several changes were made to membership and Board positions. I have big shoes to fill, but I will do my best for all of you

The Caucus represents PAs who are veterans of the Uniformed Services, as well as friends of our veterans. Our membership includes retired and prior service members, as well as PAs who are currently still serving our country in the active, reserve or guard components. We also have many Affiliate (non-uniformed service members who also support our goals.

As you know, an organization is only as strong as its members. My goal this year will be to continue what TJ has started by increasing the number of **ACTIVE** members we have. As a Board we cannot accomplish this alone. As the current members of the Board of Directors continue to age, we are hoping to augment their sage wisdom with the drive and enthusiasm of our younger members. **Please consider becoming an active member. We WILL NEVER turn away help!!**

"A leader is the man who has the ability to get other people to do what they don't want to do, and like it."
Harry S. Truman

CME Question 1

A patient who has had a recent cardiac transplant presents to the ED. Both troponin and BNP are elevated. Is this concerning? If so, Why
 See Answers on last page



Cancun Mexico
"Lectures till ONE; then Fun in the Sun"

CME Question 2

A positive urine screen for cannabis indicates use within what recent timeframe?
 See Answers on last page

Message from the President-Cont

In December, we are headed to the 30th Anniversary of the Topics in the Tropics Conference. I encourage all of our members, friends, and families to spread the word and join us in Cancun from Dec 8-11, 2021. Besides good CME, our hope to bring together old friends while making new friends.

As always, the BOD would like to thank all of our members, supporters and friends for all that you do to keep our Caucus healthy.

Pam Lucas, PA-C, Lt Col USAF (Ret)
 President 2021-2022

COVID-19 and Our Mental Health

By James Cannon

Most people will accept the idea that our mental health has been affected by the COVID-19 pandemic. Further, there is no group likely more affected from this pandemic than healthcare professionals. Many would ask has COVID-19 affected us differently than other pandemics or illnesses? As a collective group have we suffered longer and more severely with ongoing sequelae because of this virus. Most of us have continued to work, have our lives and workplace turned upside down while often lacking time to process the negative impact or deaths of our patients, families and friends.

Looking back, we have been here before with the Spanish flu of 1918, the yellow fever of 1802 and the great bubonic plague of the 1300s. We have had hotspots with respect to smallpox, cholera, malaria and measles throughout the world.

The experts have observed that many of us have been exhibiting behaviors consistent with what we would describe as grief, experiencing an increase in substance abuse, suicide, and other physical complaints or complications. The American Medical Association has found in their research of mental health that COVID-19 has brought to the forefront mental health and especially substance use disorders and ironically homelessness.

A common theme for many of us has been in been grief-like. We have experienced grief in our personal and professional lives due to the loss of life with our patients further exacerbated by the loss of life of a friend or family member. Considering the Kubler-Ross stages of grief related to death which includes denial, anger, bargaining, depression, and acceptance one could agree this has been exhibited by many during these trying times. The stages of depression and acceptance are the stages experienced most often during the pandemic by the masses. Any of us can go through these stages in parallel and/or skipping certain steps entirely. Our personal resiliency and experiences can dictate the process and determine how we cope. During this pandemic, many of us, if not working crazy shifts clinically, have actually spent more time together with our family where this can be both a blessing or curse, sort of speak. Even with the crazy schedule of a PA, kids were often at home being schooled online, spouses were working from home and the environment that many of us came home to after a stressful shift was something different than what we had experienced pre-Covid.

Continued on Page 3

COVID-19 and Our Mental Health (Cont)

So when should we be concerned about a serious mental health problem in ourselves, patient, family member or friend? The short answer is all the time. At least from the perspective of watching for the signs and symptoms of an issue with mental health. Regardless of COVID, the key signs of concern are often related to that of irritability and loneliness in the context of a depressed mood. It's important to monitor ourselves and our coworkers for these outward and stated behaviors. We are in so many ways very resilient however, once we begin to express these characteristics or behaviors, we are likely moving down the path of depression or other serious mental illness. Of course, it's not just one episode of irritability or an outburst. A good rule of thumb, however, is the DSM-V criteria of symptoms that persist for more than two weeks that have a negative impact on one's life or behaviors are so out of character that it would bring concern to one's friends or families as they know the nature of the person previously.

It is important to take care of the healer so that we can help others. As we have learned all too well if we cannot take care of ourselves how will we be a help to others. The experts suggest that a routine of mindfulness can be quite helpful in gaining insight to how we are feeling and improve awareness of those things that seem to bother us most. Mindfulness allows us to acknowledge the moment while not having to be in the middle of it re-experiencing the sorrow or loss. It starts with observing from the outside in and responding in a thoughtful and non-automatic manner to the situation and reframing it such that a more positive or neutral perspective can develop. Across the board we will also want to do those things that bring us joy such as exercise, yardwork hobbies and other things that allow for full engagement outside of the workplace and in some cases even our families. It's important to be aware of the signs for substance abuse, which includes the illicit substances, alcohol and even food contributing to what many refer to as the Covid 20# (pounds).

A simple reminder as to whether a problem could be developing for yourself, or others is the feeling of a sadness or depressed mood for more than two weeks along with elements of irritability or loneliness. There is no doubt that we have yet to experience the full impact of this horribly devastating pandemic and what it will leave us with in forms of its impact to the world. COVID-19 however has not been all bad for our profession as PAs in that it has demonstrated our value and flexibility to respond to a crisis, expanded the role of telemedicine, demonstrated that despite emergency practice authorities authorized by many governors, PAs did not prove to be risk to the public requiring the formalized ongoing supervision and strict rules and regulations.

So, my advice to you all is to embrace your family and friends, tell them you love them, tell them to go outside and do something fun and you do the same for yourself. The goal is for us to get back to a new and improved normal and not the old one we had in the past or even a lesser one for the future. As Physician Associates we should be proud of how we have help society endure one of the most devastating pandemics of our time.

James Cannon, MS, MBA, DHA, PA-C, PSY CAQ
Commander, USCG (RET)

CME Question 3

Epinephrine is the first-line therapy for anaphylaxis. A patient weighing over what weight should receive the adult dose of 0.5 mg IM?

See Answers on last page

"The soldier is the Army. No army is better than its soldiers. The soldier is also a citizen. In fact, the highest obligation and privilege of citizenship is that of bearing arms for one's country."

George S. Patton Jr.

"If our country is worth dying for in time of war, let us resolve that it is truly worth living for in time of peace"

Hamilton Fish



Board of Directors

Pam Lucas
President (21-22)



TJ Bonjour
Past-President (21-22)
President Elect (21-22)



Mike Milner
Treasurer (20-24)



Mark McKinnon
Secretary (20-24)



Jeffrey Mott
Director-at-Large (21-23)



Johnnie Gilpen
Director-at-Large (20-22)



Dallas Lipscomb
Director-at-Large (20-22)



William Eisenhart
Student Representative (21-22)



James Cannon
Director-at-Large (21-23)



Important Dates

| | |
|--------------------------------|---------|
| D-Day Invasion | Jun. 6 |
| Flag Day | Jun. 14 |
| US Army Established | Jun. 14 |
| Korean War Began | Jun. 25 |
| Cadet Nurses Corps Established | Jul. 1 |
| WWI Began | Jul. 28 |
| Navy Women's Reserves (WAVES) | Jul. 30 |

2021 Veteran Caucus Scholarships Awardees

- Capt. Frederick C. Brace Memorial/Veterans Caucus Scholarship
Jesse Edwards Memorial/Veterans Caucus Scholarship
John Garcia
University of Texas-Rio Grande Valley
- Donna Jones Moritsugu Memorial/Veterans Caucus Scholarship
Society of Army PAs/Veterans Caucus Scholarship
Jonathan Nikutta
Eastern Michigan University
- Vikki Lianne Moritsugu Memorial/Veterans Caucus Scholarship
The PFC Roger W. Cummins Memorial/Veterans Caucus Scholarship
Crystal Purple
Wingate University
- Grogan Memorial/Veterans Caucus Scholarship
Sgt. Frederick C. Brace Jr./Veterans Caucus Scholarship
Natalie Freels
University of Florida
- LT Ruth Cortes Memorial/Veterans Caucus Scholarship
SMSgt. Nathan L. Lipscomb, Sr. Memorial/Veterans Caucus Scholarship
Regina Feeks
Wingate University
- Lt. Col David Gwinn Memorial/Veterans Caucus Scholarship
Veterans Caucus Scholarship
William Eisenhart
Yale Physician Assistant Online Program
- SSgt Craig Ivory Memorial/Veterans Caucus Scholarship
Albert T. Kissel Memorial/Veterans Caucus Scholarship
Charles Jost III
Saint Louis University
- Society of Air Force PAs/Veterans Caucus Scholarship
SSGT Robert V. Milner Memorial/Veterans Caucus Scholarship
Elizabeth Heroux
Univ. of Oklahoma Health Sciences Center

CME QUESTION ANSWERS

#1. Troponin is elevated for up to 3 months after surgery but then should normalize. BNP elevations peak within the first 2 months, then returns to normal. Troponin and BNP elevation after these periods can suggest graft rejection. Am J EM. epub 3/14/21; QAD, 2 June 2021

#2. Urine Tests can be positive for up to 3 to 5 days after exposure in infrequent users but up to 30 days in long-term, heavy users. Pediatr Rev. 2021; 42:279; QAD, 3 June 2021

#3. The recommended dose is 0.01 mg/kg to a maximum of 0.3 mg in children. Any patient weighting over 50kg should receive 0.5 mg IM. IM epinephrine reaches maximum efficacy within 10 minutes Am J EM. 2021; 49:35; QAD, 1 June 2021



SPEAKERS AND TOPICS

Friday, December 10, 2021

- 6:00pm - 8:00pm
- Veterans Caucus Topics in the Tropics 30th Anniversary Celebration Dinner

Saturday December 11, 2021

- 7:00am - 12:00pm
- Kevin Hickman, PA-C - Who Can Bill For That? Navigating Regulatory Complexities Of The MD/PA/NP Team
 - Stephen Redmond D.C. - Chiropractic care and how to integrate into my practice. A new algorithmic approach.
 - Greg Thomas, PA-C - NCCPA Update
 - Kenneth Mortisugu, MD RADM, USPHS (Ret): Former United States Surgeon General - Organ Donation & Transplantation: "The Human Aspects."
 - Jay Armien, PA-C - Cardiac Complications of COVID: the long haulers
 - Mark McKinnon, PA-C - Osteoporosis In The Veteran Population

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Program pending approval for 18 Category I CME credits

Please join us for the Caucus' 30th Anniversary Dinner Friday night!



SPEAKERS AND TOPICS

Wednesday, December 8, 2021

- 8:00am - 12:00pm
- Veterans Caucus Board of Directors Meeting - Conference Center – Open to All

- 6:00pm – 8:00pm
- Welcome Reception at the MAIN POOL!

Thursday, December 9, 2021

- 7:00am - 1:00pm
- Maria Kobylinski, MD - Fad Diets
 - Jeanine Gargiulo, PA-C - Joint Replacement Surgery – The Journey after Discharge
 - Michelle Olsen, MD – Irritable Bowel Syndrome
 - Kathleen Marinell, MD - Medications and the Breastfeeding Patient
 - Cathy Bond, NP – Palliative Medicine Tips & Tricks for Care Goals-Conversations w/Patients & Family (I)
 - Kevin Hickman, PA-C - There's a Hole in my Heart; Congenital Heart Defects

Friday, December 10, 2021

- 7:00am - 1:00pm
- Michael Milner, PA-C – Military Occupational History
 - Robert Dunne, PA-C – Diabetic Wound Care
 - Cathy Bond, NP - Improving Quality Of Life With Symptom Management
 - Randy Danielson, PA-C - "Malpractice cases: You be the Judge"
 - Jeanine Gargiulo, PA-C – What the Orthopedist Wants You to Know
 - Robin Hunter-Buskey, PA-C - Women in Leadership

VETERANS CAUCUS

30th Annual Topics in the Tropics Conference

December 8-11, 2021

Paradus Cancún, Cancún, Mexico



BOOKING INFO

Hotel Info:
<https://bit.ly/3akByEs>

Airport Info:
 Cancún International Airport (CUN)
www.cancun-airport.net

Shuttle Info:
 (Shuttle Fees R/T & pp to airport/resort)

- \$50 (13y/o and up)
- \$25 (5-12y/o)

(must book w/registration)

Registration and CME Chair:
 Pam Lucas, 210-204-5472,
plucas@veteranscaucus.org



REGISTRATION

| MEMBER | CHECK CREDIT CARD |
|-----------------|---------------------|
| Before Aug 1 | \$325 \$335 |
| Aug 1 - Sept 30 | \$375 \$386 |
| Oct 1 - Oct 31 | \$425 \$440 |
| After Nov 1 | \$500 \$525 |
| NON-MEMBER | CHECK/CREDIT CARD |
| Before Aug 1 | \$375 \$386 |
| Aug 1 - Sept 30 | \$425 \$438 |
| Oct 1 - Oct 31 | \$475 \$490 |
| After Nov 1 | \$550 \$575 |

Topics in the Tropics T-shirts
 \$20 – pre-orders delivered to your home prior the conference
 vs
 \$25 in Cancún & limited supply

S / M / L / XL / XXL



CONFERENCE OBJECTIVES

- Summarize state-of-the-art management of common medical conditions in clinical practice
- Describe the latest evidence regarding diagnosis and evaluation of medical conditions commonly seen by the primary care healthcare team
- Employ new strategies to enact behavior change in patients
- Special Note: We will conduct our annual toy and school supplies drive for a local charity. Please consider bringing a few items to donate.....it is a tax deductible expense associated with the conference. Thank you for your support making lives better!

LIFESAVERS Then, CAREGIVERS Now!